

# Iodine and Tyrosine

## Enhanced thyroid support<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Thyroid health and function support<sup>†</sup>

### BENEFITS

- Supports the formation of thyroid hormones<sup>†</sup>
- Promotes metabolic function<sup>†</sup>
- Enhances mitochondrial activity and enzyme synthesis<sup>†</sup>
- Provides tyrosine, which interacts with iodine for thyroid hormone formation<sup>†</sup>

### FEATURES

- Blend of clinically researched ingredients
- Made with high-quality vegan ingredients backed by verifiable science

### VERIFIABLE SCIENCE

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones.<sup>1,2</sup> Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body.<sup>3</sup> In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.<sup>4</sup> L-Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine for thyroid hormone formation.<sup>5†</sup>

### SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

### STORAGE

Store in a cool, dry place.

### WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

### SOURCE

- Iodine is derived from earthen ore
- L-Tyrosine is extracted from soybeans

### NOTES

Size 00 caps

Bottle count 120

Order code IT1

Bottle size 290 cc

### REFERENCES

1. Gardner DF, et al. *Clin Endocrinol (Oxf)*. 1988 Mar;28(3):283-8.
2. Pedersen KM, et al. *J Clin Endocrinol Metab*. 1993 Oct;77(4):1078-83.
3. Goglia F, Moreno M, Lanni A. *FEBS*. 1999. 452(3); 115-120.
4. DeMartino GN, et al. *Proc Natl Acad Sci U S A*. 1978 Mar;75(3):1369-73.
5. Nussey S, et al. 2001. Print.

### SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Iodine (as potassium iodide)	225 mcg
L-Tyrosine (free-form)	500 mg
Other ingredients: vegetarian capsule (cellulose, water)	



Iodine and Tyrosine	Quantity	Order Code
	120	IT1

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